

**Mary Holbrook, MS, LMFT** (Lic.#MFT34771)

I use empathy and humor to create a warm and supportive environment in which individuals and couples can get to the root of their problems. I supplement my psychodynamic training and 20 years of professional experience with a wide range of techniques such as CBT, EMDR, guided imagery, family systems, brief psychotherapy and mindfulness to help clients achieve specific personal goals and deeper satisfaction. I have found this often involves understanding and resolving such issues as depression, anxiety, difficulty with authority, troubled relationships, after effects of substance abuse, domestic violence, and problematic life transitions. I believe we all have the internal capacity to resolve these problems and I have aided many in discovering and developing their own internal resources. I have found that in tackling these problems, clients often discover new meaning and unexpected joy. In addition to being a therapist I am also a lawyer, writer, mother and grandmother.



Availability: Within 2 Weeks  
Theoretical Orientation: psychodynamic  
Home Visits: yes

**Primary Address**

837 3rd ST  
EUREKA, CA 95501  
Phone: 707-223-6279

**Preferred Treatments**

ACA/Codependency  
Stress Management  
Anxiety Disorders/Phobias  
Depression  
Grief/Loss

**Advanced Clinical Training**

Brief Psychotherapy  
EMDR  
Family Systems Therapy  
Cognitive-Behavioral Therapy  
Object Relations

**Preferred Populations**

Adults  
Couples  
Women  
Men  
Elders

**Funding Sources**

Anthem/Blue Cross - Out-of-Network  
Blue Shield - Out-of-Network  
Partnership/Beacon  
Value Options - Out-of-Network  
Victim Witness